

My Child

at 4 years



School-Age Vaccines:

- DTap
- Polio
- MMR (measles, mumps, rubella)
- Varicella (chickenpox)



If I'm missing any of these shots, please call my health care provider or the Health Department (231)995-6131 to make an appointment.

Show me love by . . .

- Giving me a safe area to play both inside and out.
- Allowing me to use boxes, cages and jars to hold insects I catch.
- Playing make-believe with me.
- Giving me simple choices whenever possible like what to wear, play or what to eat for a snack.
- Letting me solve my own problems with friends but jumping in if I need help.
- Teaching me outdoor games like Tag, Follow the Leader and Duck, Duck, Goose.
- Dancing with me.
- Answering my many, many questions honestly. I'm not trying to annoy you, I'm just very curious about everything.

Keep me safe...and please...

- Choose safe toys.
- Lock up firearms, matches, and poisons.
- Continue to use a booster seat and car seatbelts.
- Instruct me not to go with strangers or allow touching I don't like.
- Know that I can get upset with simple changes in my routine.

Happy Birthday!

- ♥ Your child is a bundle of energy; turning somersaults, swinging, and playing games with friends.
- ♥ Your child likes to play with other children, and also really enjoys doing fun things with you.

Watch me grow! I can . . .

- Grow 2 to 2 1/2 inches per year.
- Gain about 5 pounds per year.

What I need . . .

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, 1/2 slice cheese, 1/2 cup yogurt.
- 2 fruit and 3 vegetable servings a day. (One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit including:
 - At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice.
- 4 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 8 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To eat when I'm hungry.

Don't forget . . . I can

- Play well with several children.
- Be independent.
- Boast and tattle.
- Have strong periods of likes and dislikes.
- Have a hard time telling the difference between what's real and make-believe.

You can take care of my oral health by...

- Taking me for a dental check-up. If you have Medicaid, Healthy Kids Delta Dental, call 1-877-321-7070 to find out about Dental Clinics North.
- Helping me with brushing teeth twice a day.

(231) 995-6112



www.gtchd.org

Exploring my world . . . I can

- Skip and hop on one foot.
- Pedal a tricycle.
- Have a vivid imagination including imaginary playmates.
- Use a pencil and scissors.
- Name 3-4 colors and count from 1-5.
- Sing songs.
- Ask why, when and how.
- Play “mom” or “dad”.
- Tell stories.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Get dressed without help
- ✓ Play card or board games
- ✓ Copy a “+”
- ✓ Skip and hop on one foot
- ✓ Use a pencil or scissors
- ✓ Use all the words in a sentence (i.e., “Are you coming, too?” or “Is there a toy to play with?”)



The Path to Reading...

4 years

You can:

- ★ **Visit and talk about interesting places.** Go to the library, the park, or a museum. Talk about what you see and hear. Point out how places are the same or different. Encourage your child to tell someone about the visit when you get home.
- ★ **Make a book.** Use a small photo album and put pictures of your child in it. Underneath the pictures or on the opposite page, write about what is happening. Example: “We visited the zoo. It was amazing!” Your child will love reading a book that retells a fun or favorite experience.

Book Corner: Magazines can be a great addition to your book basket. They expose children to a different format for finding information and learning new things.

Check out these websites for FREE info!



WIC Website for Feeding Information
www.wichealth.org



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



POISON CONTROL
Available 24 hours a day
7 days a week
1-800-222-1222



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This institution is an equal opportunity provider and employer.

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.